59th Year ♦ No. 26 ♦ June 30, 2005



This year's fireworks display kicks off at 9:20 p.m. to celebrate the Fourth of July holiday. (Photo by Richard McFadden)

Randolph Air Force Base ◆ Texas

# Randolph readies for Independence Day celebration

By Jennifer Valentin Wingspread staff writer

Randolph will open its gates to the public July 4 at 5 p.m. to celebrate Independence Day on the south ramp with music, food and fireworks.

"The Fourth of July celebration is a favorite year after year and promises to be a fun-filled evening of family entertainment," said Shelta Reese, 12th Services Division marketing director. "The celebration will include food booths, live music, special children's activities, various sports skills events and a fireworks display."

Kicking off the event is music from the Mike Clifford Band, playing from 5:30-7:30 p.m. The Austin Rockefellas play from 7:30-9:15 p.m.

More than 20 food booths will offer hamburgers, hot dogs, fajitas, turkey legs, watermelon, roasted corn, cotton candy, funnel cakes, snow cones and much more. Each food booth is run by a base organization as a fund-raiser.

During the event, children have the opportunity to participate in games and crafts, such as jewelry and patriotic hat making, beanbag tosses and a variety of

#### **Schedule of Events**

Gates open 5 p.m. Children's Area 5-9 p.m. 5-9 p.m. Fitness and Sports Skills Area 5-7 p.m. Hula Hoop Race 7-9 p.m. Ball in Spoon Race 5:30-7:30 p.m. Mike Clifford Band 7:30-9:15 p.m. Austin Rockefellas 9:20 p.m. **Fireworks** 9:45 p.m. Event ends

other games. There will also be a caricature artist, petting zoo, inflatable giant slide, Rocky Mountain climbing wall and bungee run for children. Children's entertainment areas are open from 5-9 p.m. with the exception of the jewelry and patriotic hat station, which will close at 8:40 p.m.

The sport skills area is back again this year. It gives people the opportunity to participate in a football accuracy toss, "Hot Shot" basketball, free throw contest and speed pitch contest. The sports skills area is open to all ages from 5-9 p.m. A "Ball in Spoon" race is from 7-9 p.m. and "Hula Hoop" race is from 5-7 p.m.

Visitors are reminded they are not allowed to bring

coolers, picnic baskets, backpacks, weapons, personal fireworks or pets onto the base.

Everyone is encouraged to bring blankets and portable chairs. Since there is no shade on the ramp area, people are also encouraged to wear hats and use sunscreen

Randolph residents should use the east gate from 5-10 p.m. for entry onto the base. The west gate will be for entry for the general public during the same hours. The traffic from the west gate will be directed down West Perimeter Road. Inbound traffic from the west and south gates will be stopped at 9:10 p.m. the day of the event until event traffic is cleared off of the installation.

"Last year about 10,000 people attended Randolph's Independence Day celebration," said Ms. Reese. "We hope to have even more come out and celebrate with us this year."

Randolph's Fourth of July events are made possible, in part, by the support of several area sponsors. The Randolph-Brooks Federal Credit Union is sponsoring the musical entertainment for the event. Other activity sponsors include Armed Forces Financial Network; Printed supplies, Inc.; Magic 105.3; Budweiser; Coca-Cola; and Eisenhower National Bank.

12th Flying Training \	Wing	Training	Status
------------------------	------	----------	--------

Pilot Instructor Training			
As of Monday			
Seniors	Overall		
1.0	8.0		
-1.2	-1.3		
-3.8	-4.5		
0.2	0.0		
	S of Monday Seniors 1.0 -1.2 -3.8		

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

Navigator, EWO Students					
562nd F7	FTS 563rd FTS				
CSO/NFO		CSO		Graduate EW	0
USAF	241	OPS	48	International	0
Navy	52	Advanced EV	V 21	EW Course	0
International	3	Integration	32	Intro to EW	0
Total in Training	296		101		0
Numbers reflect students currently in training. The 562nd shows source of					

Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

Wing Flying Hour Program				
ircraft	Required	Flown	Annual	
T-1A	8940.8	8998.0	12,184	
T-6A	12576.0	12791.7	17,290	
T-37B	6571.2	6800.6	8,444	
T-38C	7128.9	7097.1	10,204	
T-43	3129.8	3124.1	4,293	

The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.

# AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 54 Team Randolph members are deployed in support of military operations around the globe

It's a crime not a mistake

Team Randolph's last DUI was February 13, 2005

## Commander's Action Line

Call 652-5149 or e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman 12th Flying Training Wing commander

#### **Agency Contact Numbers** 12th FTW IG 652-2727 12th FTW Legal Office 652-6781 674-8917 **Base Exchange Civil Engineers** 652-2401 652-6480 Civilian Pay **Commissary** 652-5102 **EEO Complaints** 652-3749 **Equal Opportunity** 652-4376 FW&A Hotline 652-3665 **Housing Maintenance** 652-1856 **Military Pay** 652-1851 **Randolph Clinic** 652-2933 Safety Office 652-2224 **Security Forces** 652-5509 **Services** 652-5971

Sexual Assault **Response Coordinator** 

**Straight Talk** 

**Transportation** 

652-8787 652-7469 652-4314

**Commentary** 



**Dedicated** June 20, 1930, Randolph celebrates its 75th Anniversary in 2005 Graphic by Michelle DeLeon

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintoshformatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Close call in crosswalk

After watching five vehicles parade past with drivers in an early morning daze, half-asleep, staring straight ahead with no clue as to their surroundings, I finally was able to catch a gap in traffic that allowed me, a pedestrian, to safely cross 5th Street East recently and proceed to my office in Building 399 or so I thought. The next vehicle was well north of the intersection of 5th Street East and D Street East when I entered the crosswalk. The driver continued at a brisk clip until somehow

she realized a person was in the crosswalk. She then locked up her brakes, the front-end of her car nosedived and she began to slide, almost losing control. Her gestures and mouth movements after she stopped seemed to indicate she was highly displeased. This is not the first time a near accident has occurred at this crosswalk. Can security forces do something to enforce the pedestrian right-of-way?

Thanks for your concern. I am always interested in better protecting the members of Team ■ Randolph. The Texas Traffic Code applies to Randolph Air Force Base and requires drivers to yield to pedestrians in crosswalks. I have instructed our security forces patrols to monitor the area you expressed concern about, and they will cite violators. The area near the Air Force Personnel Center recently experienced the same problem, and this measure has been effective. We will continue our safety campaign to educate the base populace about proper and safe driving habits. Thank you for your time and attention to this important matter. For a news story about pedestrian right-of-way on Randolph's crosswalks, see page 11.

# Founding fathers' vision endures

By Col. John Hesterman

12th Flying Training Wing commander

On July 4, 1776, our Founding Fathers adopted the Declaration of Independence, creating this great Nation and establishing a hopeful vision of democracy that endures today. This Independence Day, we express gratitude for our many blessings and we celebrate the ideals of freedom and opportunity that our nation holds dear.

On the Fourth of July, we celebrate the ideals that freedom represents and the opportunities it affords. We are thankful for the love of our family and friends and for our rights to think, speak and worship freely.

We are also humbled in remembering the many courageous men and women who have served and sacrificed throughout our history to preserve, protect and expand these liberties. In liberating oppressed peoples and demonstrating honor and bravery in battle, the members of our Armed Forces reflect the best of our nation.

For 75 years the Airmen of Team Randolph have been a steadfast part of this proud band of our brothers and sisters who have dedicated their lives to this great nation. For 75 years the Airmen of past and present have been committed to "A Tradition of Training Excellence."

We also recognize the challenges that America now faces. While we celebrate the birth of this great nation please pause to reflect on those who stand the line today so that others may enjoy the benefits of democracy tomorrow.

Finally, as part of activities scheduled throughout this year in recognition of the 75th Anniversary of Randolph Field, please join me and the members of the surrounding communities on the South Ramp Monday as we open the gates to our neighbors for an unmatched July 4th extravaganza and firework spectacular.

Jenni and Sarah join me in sending our best wishes for a safe and joyous Independence Day.

## Independence gained by action, not words

By Chief Master Sgt. Alex Reyna Air Education and Training Command

Two hundred and twenty-nine years ago, the Declaration of Independence was signed and pronounced. But words alone did not provide freedom. They may have justified the cost of freedom, but they did not provide it. There was yet an army to raise, a navy to form and death to be faced.

If the words of the declaration justified what was to come, Nathan Hale, while standing on the Stafford, defined the cost when he said, "I only regret that I have but one life to lose for my country." Thomas Paine



spoke of the trauma faced by all who sought freedom when he said, "These are the times that try men's souls."

Yes, there were battles to fight and the words that were to form the foundation of the America we enjoy today were not yet completely written. Yet to come was the Constitution, The Bill of Rights, and the Emancipation Proclamation. But

freedom had begun in July 1976. The foundation of the world's first democracy had been laid.

There is, however, no end to the road of independence. It winds and curves and it can be a two-way street. Our forefathers were only mortal men and not capable of giving, by divine right, freedom and selfgovernment to all future generations of Americans.

They were only capable of giving to us a heritage upon which to build on. It has, however, been a heritage so well formed that America, today, is a freer and more democratic country

See **The road** on page 3

#### **Congratulations Retirees**

**Today** Lt. Col. Jeffery Wiseman Air Education and Training Command

**Friday Jerry Savoy** Air Force Personnel Center

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

# A sobering thought: The 'I' in DUI

By Lt. Col. Matthew Flood 435th Munitions Squadron

RAMSTEIN AIR BASE, Germany (AFPN) – You have all seen the commercials that warn about the dangers of drunk driving. You also have probably heard numerous testimonials from servicemembers who drove their vehicles after drinking too much, only to meet some tragic end. You may have even taken the time to read an article such as this, that warns of the dangers of drunk driving. But, do these messages affect the behavior of the intended audience?

The Air Force has expended tremendous resources devising "user friendly" and "foolproof" plans to help Airmen make the right decision when it comes to drinking and driving. We have Combat Wingman, Airmen Against Drunk Driving and free non-alcoholic drinks for designated drivers, just to mention a few.

Unfortunately, in spite of all the programs and services available, there is still a small percentage of people who will drink and drive. So, when it came time for me to develop a DUI briefing, I struggled with what I could possibly say to convince people not to become a statistic.

I initially tried an appeal to an Airman's conscience. I pointed out the increased burden being

"I felt it would be patently obvious to everyone that a foolish and selfish decision that resulted in a DUI affects many more people than just the guilty party."

placed on his co-workers to pick up his slack while he attends the Alcohol and Drug Abuse Prevention and Treatment program and legal office appointments. Because the Airman will no longer have a driver's license, he may not be able to do his primary job, requiring an increased work load on his peers. He won't be able to get to work without assistance, so again co-workers will have to shoulder the burden. Finally, there is the loss of a goal day for the entire squadron. A day that should be spent with family and friends or just relaxing from the high operational tempo will now be spent working.

I felt it would be patently obvious to everyone that a foolish and selfish decision that resulted in a DUI affects many more people than just the guilty party. Then it dawned on me. Some of these DUI offenders aren't altruistic. Maybe they aren't concerned about inconveniencing others.

So I set out to re-attack the problem. My first sergeant came up with some figures on what a DUI actually costs a senior airman.

The most common punishment for a DUI here is an Article 15, loss of a stripe, some additional duty and possibly a monetary garnishment. As painful as that sounds, it is only the tip of the iceberg.

Because of the loss of rank, the member will receive less base pay, less cost-of-living allowance and won't get promoted to staff sergeant with his peers. During that promotion delay, the Airman will lose more than \$10,000 in direct compensation. These costs don't even take into account the incessant taxi fares required to get anywhere. When the Airman is able to drive again, auto insurance will cost, on average, an additional \$4,000 per year.

Worse yet, since lost time can not be made up, the effects of reduced earnings will escalate with time and be felt for an entire career. For NCOs and officers the costs are even greater. And for those who don't plan to make the Air Force a career, a DUI conviction will follow them into the civilian world. A DUI will make them an unattractive candidate for most jobs and outright ineligible for some

The monetary cost of a DUI for military personnel is sobering; or at least it should be.

From a purely selfish viewpoint, drinking and driving doesn't make much sense.

#### The road

Continued from Page 2

than ever was conceived in even the wildest hopes of the founding fathers. We thus celebrate in this year of our nation's 229th birthday the idea of the

United States of America...the idea of self-government under the first real democracy ever dared in all of the history of organized society.

Yet, Americans sometimes take our great experiment in self-government for granted. We refuse to participate in the political process upon which all we have depends. We complain about our democracy and the government it

supports, forgetting that before America no other people dreamed, let alone implemented the concept of placing the control of the government in the hands of the people.

Certainly our system is not perfect and we must make better what is good and good what is bad. There is no end to the road of independence and no guarantees of success to those of us willing to make the effort. But we have to be optimistic.

As American novelist John Dos Passos challenged, "We must not content ourselves with the sour postulate that American Democracy is rotten. If the builders succeeded against great odds, why should we, who have their foundation to build on, necessarily fail?"

#### **News**

## Distinguished Flying Cross awarded to 19th AF sergeant

By Bob Hieronymus Wingspread staff writer

Master Sgt. Chris Dockery, now assigned to Headquarters 19th Air Force here, received a long-awaited Distinguished Flying Cross June 24 at McChord Air Force Base, Wash.

Sergeant Dockery, a C-17 loadmaster then assigned to the 7th Airlift Squadron at McChord AFB but deployed to Aviano Air Base, Italy, was one of a five-man crew on the lead aircraft of the largest airdrop mission of Operation Iraqi Freedom.

Not only was this the largest airborne operation since Operation Just Cause in December 1989 when U.S. forces were delivered into Panama, it was the first time a combat airdrop of an Army brigade was done with the C-17 Globemaster III aircraft.

"We were scheduled to airdrop the first load of heavy equipment into the Bashur area of northern Iraq just after midnight, March 26, 2003," Sergeant Dockery said. "The Javelin anti-armor missiles and their Humvee carriers in



Gen. John Handy (left), U.S. Transportation and Air Mobility Command commander, presents the Distinguished Flying Cross to Master Sgt. Chris Dockery June 24 during a ceremony at McChord Air Force Base, Wash. (Photo by Kristin Royalty)

our load were planned to be on the ground when the first of the paratroops landed, but we had a last-minute problem with the way the loads were configured for air drop. We figured out a way to manually rig the chutes and we

were able to launch on schedule."

The first five C-17s all carried heavy equipment, the Sergeant said. He deployed the drogue chute on the first pallet to leave the aircraft and manually hit the release for the main

chute. The rest of the load rolled off the deck as planned and the other aircraft followed his lead. Then the remaining 10 C-17s on the mission successfully delivered 1,000 paratroopers of the Army's 173rd Airborne Brigade with no casualties.

During the whole mission, the crew wore night vision goggles so they could approach the drop zone without lights showing from the aircraft, he said.

"The three pilots and both loadmasters on our C-17 all received the same DFC award because everything we do is a team effort," Sergeant Dockery said. "It's an honor to have our work recognized, but it was really a thrill to watch that load exit the aircraft and know the mission was a success. Working out solutions to real-world challenges is exactly how we were trained."

Sergeant Dockery enlisted in the Air Force in 1988 and has been a loadmaster his entire career, first on C-5 aircraft and then for 11 years on the C-17. He currently flies with the 97th Air Mobility Wing at Altus Air Force Base, Okla., as a loadmaster flight examiner and instructor.

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Members of the Randolph Air Force Base Chief's Group replace a tire on the NASCAR No. 21 Air Force car during a pit stop competition held here June 23. The chief's group finished with a time of 21.66 seconds. (Photo by Larry McTighe)

# Air Force teams compete in pit stop challenge

**By Senior Airman Madelyn Waychoff**Air Force Recruiting Service

Millions of NASCAR fans each year watch as professional pit stop crews speedily change out tires and refill gas, but eight Air Force teams got to experience this rush for themselves.

The NASCAR No. 21 Air Force car visited here June 23 to conduct a pit-stop demonstration and competition. The Air Force is an associate advertiser in the Nextel Cup Series with the Wood Brothers' No. 21 Motorcraft Racing Ford Taurus, driven by Ricky Rudd.

Teams were composed of seven members chosen from various units here as well as recruiting teams from Lackland.

More than 400 base members watched as teams were first shown a "slow" demonstration by the Wood Brothers' pit stop crew, and then were provided training to perform the pit stop themselves. Each team took its turn to see how quickly it could change the two right-side tires and simulate filling the gas tank. The competition's winning team was chosen based on fewest errors and fastest qualification, competition and final times.

"This was an awesome opportunity," said 2nd Lt. Dave Embrey, Air Force Personnel Center force development officer, who was responsible for changing the rear tire. "I'm not a big NASCAR fan, but I may be after this. I didn't even know there was an Air Force car."

According to Eddie Wood, who owns the Wood Brothers'

team with his brother Len, "A good time for a standard pit stop is considered about 13 seconds."

The winner of the pit stop competition was the Air Education and Training Command Headquarters Operations Directorate combined with 19th Air Force, which came close to the "good" time, performing the maneuvers in only 13.73 seconds.

"This was a very cool opportunity for us to come out and give the people who protect our nation a chance to see what we in the racing business do," said Mr. Wood. "They did a great job out there, and I know this is a new thing to them. It gives them a break from their daily routine.

"The Air Force sponsors us and really supports us, and we want to give back as much as it has given us," he added. "I've been in racing since 1965, and I've been around a lot of really cool people, but I've yet to meet anyone more honorable to be around than Air Force people - they are conscientious, supportive and proud of what they do."

"NASCAR provides us an excellent opportunity to support our recruiting effort and help increase awareness of the Air Force among the general public," said Lt. Col. Steve Murray, Air Force Recruiting Service spokesperson. The Air Force has been associated with Wood Brothers Racing since 2001.

Other teams competing in the pit stop competition represented AFPC, Air Force Recruiting Service, 12th Flying Training Wing, Air Force Recruiting School, Team Randolph Chief's Group and the 341st Recruiting Squadron.

#### **NEWS BRIEFS**

#### 12th MDSS Change of Command

Lt. Col. John Graves assumes command of the 12th Medical Support Squadron Wednesday with a formal ceremony at 9 a.m. at the enlisted club.

#### Lower Seguin Road closed today

The Texas Department of Transportation announced Lower Seguin Road at FM 1518 is scheduled to close for utility construction today and Friday. If either of the utilities involved is unable to complete the work on this schedule, they will finish the project on Tuesday and Wednesday. Access to the base for the Independence Day festivities will not be affected.

#### U.S. Army Soldier Show

The 2005 U.S. Army Soldier Show, a touring, high energy, family-friendly music and dance production, will be at the San Antonio Municipal Auditorium on Thursday. Show time is 7 p.m. and admission is free.

#### AFPC graduates

Five NCOs from the Air Force Personnel Center graduated from NCO academies recently. Master Sgt. Walt Myhre earned distinguished graduate honors at the Senior NCO Academy, Maxwell AFB, Ala, and Tech. Sgts. Aletha Bard and Shawn Rivers earned the same award at the Lackland AFB NCO Academy. Other graduates from the Lackland school are Tech. Sgts. Sonya Braxton and Heather Moody.

#### Local Boy Scout service project

Steven Thurgood, son of Lt. Col. Greg Thurgood from the 562nd Flying Training Squadron, organized and led an Eagle Scout service project June 24 at McAllister Park. The project, which included repainting 145 picnic tables and cleaning up picnic areas, was about 10 times the size of a typical Eagle Scout project and involved over 360 youth and 70 adults.

#### Two-way traffic on New B Street East

Traffic on New B Street East, from 5th Street East to Harmon Drive is now open for two-way traffic. This street serves the Randolph elementary school and the Base housing office. A study is now under way to evaluate options for traffic movement after the start of school this fall.

#### Walk-in legal service cancelled

Except for notary and power of attorney services, walk-in legal assistance at the 12th Flying Training Wing legal office is cancelled for today and Thursday.

For more information, call Master Sgt. Michael Gadson at 652-6781.

#### **Inspector General System**

The Air Force has a program that allows Airmen to present a complaint at any level in the Inspector General system. The IG office is ready to help. No person may take action against an Airman because he or she has made a complaint. If an Airman thinks someone has acted against them because they filed a complaint, that individual should contact the IG office.

Air Force Instruction 90-301 describes the IG Complaint Program, how to register a complaint, and who to contact. Although an Airman may speak to an IG at any level, experience has shown those best equipped to resolve complaints are commanders and supervisors.

Airmen can use the chart to the right to determine where to seek help with matters covered by other programs. If an Airman is uncertain about where to seek help, they should contact the IG office for guidance.

Building 100 (Taj Mahal), Room 203 Phone: 652-2727 Fraud, Waste and Abuse Hotline: 652-3665

## **COMPLAINT SYSTEM**

TYPE OF COMPLAINT	REFERENCE	POINT OF CONTACT
Civilian Discrimination (Ethic, Gender, Religion)	AFI 36-1201	12th FTW/CCD
Civilian Employment and Equal Opportunity		12th MSS/DPC
Appeal of an OPR or EPR	AFI 36-2401	12th MSS/DPMPEA
Correction of Military Records	AFI 36-2603	12th MSS/DPMPS
Military Equal Opportunity and Treatment	AFI 36-2706	12th FTW/ME
Private Indebtedness	AFI 36-2906	Unit commander
Support of Dependents	AFI 36-2908	Unit commander
Administrative Separations (Officer)	AFI 36-3206	12th MSS/DPMARS
Administrative Separations (Enlisted)	AFI 36-3208	12th MSS/DPMARS
Claims against the Government	AFI 51-501	12th FTW/JA
Punishment under the UCMJ	AFI 51-202	12th FTW/JA
Hazardous Working Conditions	AFI 91-302	12th FTW/SE

## **COMMANDER CONNECTION**

This column is intended to unofficially introduce new unit commanders to the base community.

#### • Date of command: June 30

- *Unit mission:* Sustain combat air forces by producing the world's best T-38C instructor pilots and ensuring Air Force and allied pilots successfully transition to fighter assignments
- Key to success in the Air Force:
- "Do the right thing you know what it is.

Do it right the first time – it will save time in the long run. Share the credit – no one can do it alone."

• Hometown:

Minneapolis, Minn.

#### • Vision for the unit:

"To be the worldwide center of excellence for the T-38C."

• Previous assignments:

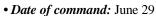
87th Flying Training Squadron, Laughlin AFB Senior executive officer, Air Combat Command Deputy for Operations, Langley AFB, Va.

94th Fighter Squadron, Langley AFB, Va.

• *Most memorable military experience:* "Returning from a combat mission during Operation Just Cause (Panama) as a young lieutenant and realizing the mission had gone just as we always trained."

## Maj. Robert Jackson 12th Mission Support Squadron commander

Lt. Col. Kevin Manion
560th Flying Training Squadron commander



- *Unit mission:* The 12th MSS is a key advisory organization on matters regarding the effective use of human capital in the 12th Flying Training Wing and supporting units.
- Key to success in the Air Force:
- "Listening more than I speak, treating people with dignity and respect and doing my best regardless of the assignment."
- Hometown:
- Wilmington, Del.

- Vision for the unit:
- "To be the best mission support squadron in the Air Force a professional team providing showcase customer service to the Showplace of the Air Force."
- Previous assignments:

Pentagon

89th Airlift Wing, Andrews AFB, Md. 374th Airlift Wing, Yokota AB, Japan

• Most memorable military experience:

"Attending the funeral service for president Ronald Reagan."

# Education center offers variety of services to base

By Jennifer Valentin Wingspread staff writer

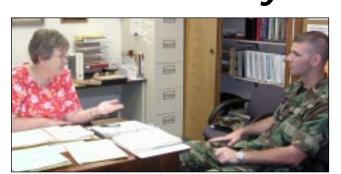
Service before self is always on the minds of the staff at the Randolph Education Center.

The seven civilian employees assigned to the center offer an entire range of educational services to active duty members, Department of Defense civilian employees, reservists and their family members.

"The education center, in conjunction with local colleges, offers classes and other credit opportunities that fit into almost anyone's schedule," said Pat Siulte, educational specialist.

There are night and weekend classes, computer based Internet courses and testing through several nationally recognized programs such as College Level Examination Program tests and Defense Activity for Non-Traditional Education Support Subject Standardized Tests. Testing services also include interest inventories and professional military exams.

College representatives from the Alamo Community College District, Embry-Riddle Aeronautical



Counselor Pat Siulte talks to 2nd Lt. Jarrod Beers, a navigator student, about educational opportunities at the base education center. (Photo by Jennifer Valentin)

University, Park University, St. Mary's University, Wayland Baptist University and Webster University have offices at the education center to assist students with their on-base programs. Representatives from other local colleges and universities frequently visit Randolph as well for some face-to-face time with students.

For students just starting or continuing their college education, Ms. Siulte offers some advice.

"Start with one class and build up to the number of classes you are comfortable with based on your duty, family and personal requirements," she said. "Have a short-term and long-term goal in mind before starting your education."

Air Force tuition assistance is available to active duty and Air Education and Training Command permanent party civilian employees assigned to Randolph. The education center will issue Air Force tuition assistance forms for 100 percent of tuition and fees up to \$250 per semester hour and \$4,500 per fiscal year.

"We understand that college can be expensive, and we want to do as much as we can to help students understand their financial opportunities," said Ms. Siulte.

Continuing education enhances mission effectiveness and meets personal education goals for those who take advantage of the opportunity, said Ms. Siulte. The roadmap to degree completion is readily available at the Randolph Education Center.

The center is open Monday through Friday from 8:30 a.m. to 4 p.m. and closes Wednesdays at 2 p.m. For more information, call 652-5964.

# The first "mega-event of the new millennium" took place on Randolph with a two-day air show attended by 350,000 people. The show featured the Air Force Thunderbirds, the Army Golden Knights and the Tora, Tora, Tora aircraft, along with more than 20 modern and vintage aircraft demonstrations. The Thunderbird's commander gave the reenlistment oath to six Randolph Airmen during the day.

## ☆ The Randolph Base Exchange received the 2000 Customer Service Index Award. The award was

## 5 YEARS AGO

In the Wingspread

presented by AAFES to the exchange rated highest by its customers in a worldwide competition.

☆ The San Antonio area was under a mandatory water conservation program because of drought conditions. The Wingspread reported during the first 26 days of May 2000, Randolph consumed 26.4 million gallons of water or 4.7 million gallons below the allowable limit. Randolph was

in water conservation stage two, when, among other restrictions, residents in even-numbered street addresses could water lawns on Saturdays and Tuesdays and odd-numbered addresses could water lawns on Sundays and Wednesdays.

The Boeing Company removed the first of four Randolph T-37 full-motion simulators as part of the transition to the new T-6A trainer aircraft. The simulators have been in use here for 20 years. The last of the T-37 simulators is due to ratio in 2006

# Guidelines set for flag displays in housing

By Jennifer Valentin Wingspread staff writer

Most people hang an American flag outside their homes to show their patriotism. While this is encouraged in base housing, there are guidelines residents should remember to follow.

In accordance with the U.S. Code, Title 36, Chapter 10, para. 174-176, the United States flag should be displayed from a pole projecting horizontally or at an angle from the doorway of the main entrance of the house. It should hang from the observer's left upon entering the doorway.

The union of the flag, which is the blue area with the stars, should be placed at the peak of the pole unless the pole is at half-staff.

"While it is universally customary to display a flag from only sunrise to sunset, the flag can be displayed 24 hours per day if it is properly illuminated," said Sonja Gonzalez, housing director. "A street light or a porch light can be used only if the stripes can be seen properly."

A United States flag usually lasts 12-18 months, however, that time can be shortened due to the weather conditions of San Antonio, such as extreme sun or severe weather, said Ms. Gonzalez.

"When the flag is in such a condition that it is no longer fitting to serve as a symbol of our country, such as when it is worn, frayed, torn or faded, it should be removed and destroyed by burning it in a dignified way," said Ms. Gonzalez. "The flags can

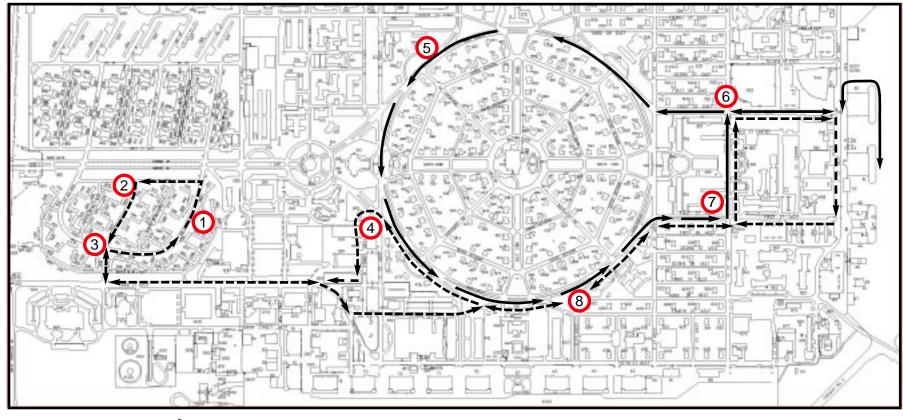
be turned into the local Boy Scout chapters or at the housing office facilities section for proper disposal."

The standard size of a flag in housing should be three feet by five feet. Flags and poles for use in housing can be picked up at the self-help center located in Hangar 62.

"For more than 200 years, the American flag has been the symbol of our nation's strength and unity," said Ms. Gonzalez. "Properly displaying the United States flag at the housing units on base is especially important, as it is a historical landmark and should be represented by our military with pride and honor."

For more information, call the housing office at 652-3334.

### 4th of July Festivities Shuttle Routes



Bus # 1

Bus # 2

Base shuttle buses will pick up and drop off residents at the eight locations indicated. Base residents are encouraged to use the shuttles. Shuttles will run from 5-8 p.m. and again after the fireworks.

- 1 Building 2211
- 2 Building 2164
- 3 Building 2163
- 4 Intersection of C St. West & Main Circle
- 5 Intersection of Northeast Dr. & Main Circle
- 6 Intersection of H St. East & 1st St. East
- 7 Intersection of H St. West & 1st St. West
- (8) Intersection of E St. West & Main Circle

# Safety emphasized during Fourth of July holiday

By Jennifer Valentin
Wingspread staff writer

Fourth of July is one of the busiest holidays of the year. The 12th Flying Training Wing safety office along with the U.S. Army Corps of Engineers offers several safety tips for recreation seekers.

For most people, the highlight of Fourth of July celebrations are the fireworks. While trained professionals usually conduct most firework displays, spectators should also keep safety in the forefront of their minds.

According to the National Council on Fireworks Safety, spectators should respect safety barriers set up around the displays and resist any temptation to get close to the display.

People should also keep in mind their pets have sensitive ears and should be left at home when attending a fireworks show.

Individual fireworks are not allowed on base, but for those people who are celebrating the holiday off base, there are several safety

measures to keep in mind.

People using individual fireworks should first check with the local police department to determine which fireworks are legal for that area. People should stay away from fireworks that are not clearly labeled with the name of the item, the manufacturer's name and instructions for proper use.

Fireworks should never be given to young children, and youth should always be under close, adult supervision when using fireworks.

Aside from the fireworks, many people celebrate the Fourth of July weekend by relaxing on a boat or at the water's edge.

Boaters should know how to handle their boat and know the rules of the water. Boats should be checked for all required safety equipment. The Web site www.cgaux.org offers information on free Vessel Safety Check locations.

According to the U.S. Army Corps of Engineers, people should consider the size of their boat, the number of passengers and the amount of extra equipment that will be on-board. Boats

should never be overloaded.

When boating, these safety tips are offered:

- Follow the manufacturer's suggested procedures before starting up the engine
- Wear a life jacket
- Leave the alcohol behind
- Check the weather forecast
- File a float plan with a family member or friend

Randolph offers boating courses the first and third Wednesday of every month from 6-8 p.m. For more information on the courses, call 652-3702

Swimmers should also be cautious and practice safety over the holiday weekend. Most people drown within 10-30 feet of safety, according to the U.S. Army Corps of Engineers.

## When swimming, these safety tips are offered:

- Wear a life jacket at all times when near the water
- Never rely on toys such as inner tubes and water wings to stay afloat
- Don't take chances by over-estimating swimming skills
- Swim only in designated swimming

areas with lifeguards on duty

- Never swim alone
- Never leave children unattended
- Reach or throw, but don't go in the water to help someone in trouble

Finally, it is just as important to be safe going toward a recreation spot as it is while having fun once you get there.

"Vehicle accidents continue to be the leading cause of why Airmen are injured within the Air Force," said Keith Williams, occupational health and safety specialist. "The Fourth of July is a long holiday, which means many of us will be visiting family or friends or heading off to a recreational area."

People should remember to get plenty of rest before taking a road trip and always wear their seatbelts. With the local areas under construction, drivers should also watch out for traffic congestion.

If riding a motorcycle, cyclists are reminded to wear the proper safety gear, such as a helmet, sturdy shoes, gloves and reflective gear.

For more information on July 4 safety, visit www.usace.army.mil/recreation or call the safety office at 652-2224.

## Drivers, pedestrians must look out for each other

By Jennifer Valentin Wingspread staff writer

Base drivers and pedestrians should be cautious and remember to look out for one another when sharing the streets of Randolph.

The 12th Flying Training Wing safety office staff offers tips to help keep people out of harm's way.

When crossing the street, pedestrians should look left, right, and then look left again before stepping off the curb. They also need to continue to look and listen

as they walk across the street, according to safety office officials.

"Pedestrians should only walk across the street when they are sure it is safe to do so, and they should keep looking for cars as they walk," said Staff Sgt. Dave Roller, 12th FTW safety office ground safety craftsman.

Pedestrians should always walk across a street using the designated crossing areas painted on the street and should stay within the lines of the crosswalk, added Sergeant Roller. If they are riding a bike, they should walk, not ride, the bike across the crosswalk.

If cars have passed the crosswalk but are stopped and blocking the crosswalk, pedestrians should never walk behind the car that is stopped, said the sergeant. If the driver decides to back up, he or she might not see the pedestrian in time.

Drivers should always be on the lookout for pedestrians, especially in high traffic areas such as the Air Force Personnel Center, Pitsenbarger Hall, the base clinic or the base schools.

"A lot of people walk on base, whether it is to work, school or to do an errand," said Sergeant Roller. "It is just as much the driver's responsibility to look out for pedestrians as it is the pedestrian's job to look out for drivers. We have to be aware of one another."

Drivers on base should take the time to be courteous and stop at marked pedestrian crosswalks, as is the law, when people are trying to cross, said the sergeant.

"Team Randolph members have to look out for one another," said Sergeant is an ongoing Roller. "Safety responsibility."

For more information on crosswalk safety, call the safety office at 652-2224.

# Flight provides variety of services, counseling to base

By Jennifer Valentin Wingspread staff writer

Sometimes problems can seem bigger than anyone can handle. The Randolph Life Skills Support Flight is here to help Airmen deal with life's tough situations.

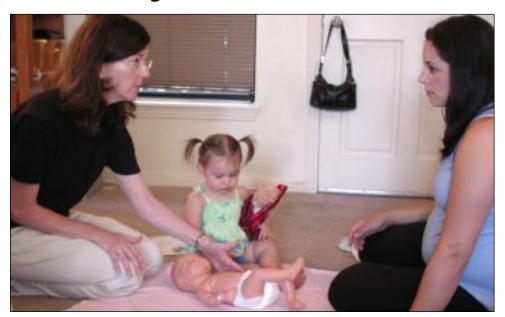
The life skills support flight responds to the needs of the base community by providing counseling, prevention, education and many other services.

"We want the base to know that we are here for them," said Maj. (Dr.) Beatrice Chapa, life skills support flight commander. "Sometimes people get overwhelmed with the problems in their lives and feel like they have to handle it on their own. Our services help people make changes in their lives so they don't have to get so overwhelmed."

The life skills support flight has an entire staff of mental health professionals ready to assist, to include psychologists and social workers, as well as licensed professional counselors and a nurse.

The life skills support center within the flight offers marital and individual therapy for active duty members. People can make appointments by coming to the clinic and filling out the paperwork. Referrals are not required to be seen.

The Alcohol and Drug Abuse Prevention and Treatment program



Meg Walker (left), the New Parent Support Program's registered nurse, shows Destiny Potts and her daughter Jade how to massage a baby. (Photo by Jennifer Valentin)

helps members who have concerns about their alcohol use.

"Whether we talk about suicide prevention, substance abuse issues or life issues, the key is to deal with the problems when they first start and not let them fully erupt," said Master Sgt. Mark Marley, flight NCO in charge and certified alcohol and drug abuse counselor.

Sometimes people are concerned about the stigma of using mental health services, said Major Chapa. But the services help stop the problems from

interfering with work and, even more importantly, personal life. People shouldn't have to feel alone or worry about getting help with their problems.

Family advocacy deals with family and domestic violence issues.

The Randolph Family Advocacy Program offers a variety of classes to the base, for mothers, fathers and children to participate in. They cover topics such as shaken baby syndrome, becoming a new parent, children staying home alone and other domestic violence prevention topics, said Major Chapa.

Fortunately, Randolph doesn't experience a lot of serious child abuse or neglect cases, said David Hamilton, family advocacy treatment manager.

"Worldwide, you see abuse, neglect and even death concerning children," he said. "But we have a number of outstanding programs on base to help prevent abuse before it has the chance to start."

The New Parent Support Program is managed by Meg Walker, who is a registered nurse and the family advocacy program's nurse.

"The program provides information, support, and guidance to active duty families with an expectant mother and children under the age of three," said Ms. Walker.

Services include referrals to base and community resources, information about pregnancy, and infant and toddler care and safety. Free books and other materials are provided. A unique aspect of the program is that services can be provided in the home, said Ms. Walker.

"The people who use our services are normal people trying to cope with difficult situations," said Major Chapa.

The life skills support center, ADAPT program and family advocacy program are open Monday through Friday from 7:30 a.m. to 4:30 p.m. A provider is on after-hours for emergency consultations.

For more information, call 652-2448.



**Feature** Wingspread June 30, 2005

# Eye on the sky, head in the clouds

## Forecasting conditions serious business for Randolph's Combat Weather Team

By Jennifer Valentin Wingspread staff writer

From phone calls and planning forecasts to 11 pairs of eyes glued to radar screens, the Randolph Combat Weather Team keeps constant surveillance on the elements surrounding the base.

The weather team supports the 12th Flying Training Wing and its flying training missions with

"Our support is tailored to the flying squadrons and what they need to get the mission done," said Capt. Wendy Seaman, CWT commander. "Weather can be very unpredictable, so we have to be ready for anything unexpected that may interfere with the base's flying missions."

Captain Seaman said the days can be challenging with two active runways on base. Weather in south central Texas can change quickly and sometimes with little warning.

"We can easily keep an eye on the sky on the east side of the base since it's where we are located." said the captain. "But since the west flightline is on the opposite side of the base, we have to rely on cooperative metwatch with the air traffic controllers and the supervisors of flying in the tower."

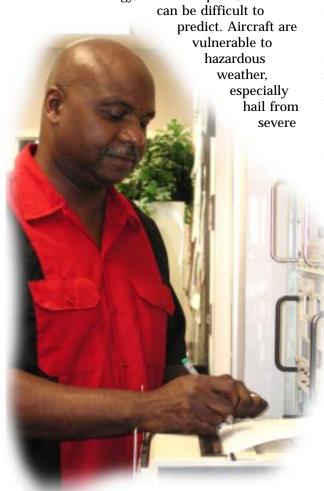
The weather team provides a variety of daily products for Randolph, including a Mission Execution Forecast for the pilots and pilot instructor trainees. The team is also responsible for forecasting weather for training areas throughout the state.

"We have to make sure our forecasts are missiontailored to the different aircraft," said Captain Seaman. "Depending on where they fly, we have to make sure the weather in that area is safe for them and the aircraft. Our focus is on getting the mission accomplished safely."

Weather conditions such as ice or thunderstorms would be grounds for a 'no-fly' time, as well as if the ceiling is 300 feet or less, or if visibility is less than one mile, said the captain.

"Even though our area does not see a lot of ice on the ground during the colder months, that doesn't mean that there won't be icing present in low and mid-level clouds, where the aircraft will fly" said Captain Seaman.

Even with technology, said the captain, weather



Gary Billingsley, meteorological technician, checks and notes wind patterns.



Capt. Wendy Seaman, combat weather team commander, uses a Kestrel, a hand-held instrument to check humidity, wind, temperature and dew point. (Photos by Jennifer Valentin)

thunderstorms. "We always have to try to be one step ahead of bad weather," said Captain Seaman. "If we forecast threatening weather, we contact key leaders in the 12th Operations Group as well as maintenance, so that a decision can be made regarding the sheltering of aircraft."

It takes three to four hours to shelter all of the aircraft on the base.

"Sometimes, Mother Nature is a bit more predictable and we have two days' notice before a severe storm event. Other times, we may only have an hour's notice," said Captain Seaman. "Advance notification to our base customers is key to protecting our people and assets. The goal is getting word out as early as possible with minimal interference to the training

The weather team coordinates its resource protection with the 26th Operational Weather Squadron at Barksdale Air Force Base, La. Their job at the CWT is to provide "eyes forward" support to the 26th OWS.

mission.'

"We are on the phone with the 26th OWS forecasters on a regular basis. If we expect threatening weather at Randolph, we discuss the situation with our OWS counterparts and coordinate resource protection as necessary" said the captain.

When bad weather threatens the base, the 26th OWS initiates the dissemination of advisories, watches or warnings through the New Tactical Forecast System. The Randolph

CWT, in-turn, ensures that the base is aware of the threatening weather.

In addition, during regular duty hours, the weather team also provides courtesy calls to different organizations and people around Randolph, including maintenance, operations and the command center. From there, the information is disseminated down the chain. If bad weather happens after hours, the 26th OWS calls the command center, which then calls the weather team on-call person.

The weather team issues its initial weather and training area forecasts at 5 a.m. They are updated at 11 a.m. and 3 p.m. If it is a challenging weather day, more updates may be needed, said Captain Seaman.

"We are constantly monitoring regional observations, satellite and radar data, as well as talking with the supervisor of flying and the desk superintendents at each of the flying squadrons," said the captain. "We also rely on real-time information from the pilots after their flights. We want to give the most accurate forecast possible."

The weather flight staff goes through the same



Staff Sgt. Lakeitha Luster, weather journeyman, checks the flight's NEXRAD for local radar conditions.

training Air Force wide, said Captain Seaman.

After finishing their initial training at Keesler Air Force Base, Miss., they receive hands-on experience at any one of eight operational weather squadrons found worldwide. New forecasters are either placed at a stateside or overseas location for about two to three years, then go back to Keesler for additional training.

"Of course when they come to the weather team, they also receive on-the-job training," said the captain. "Their training is ongoing as we are constantly learning new ways to improve our forecasting techniques."

Safety is the number one priority when it comes to the weather team.

The pilots as well as the base personnel rely on us to provide an accurate forecast for working and flying and for performing their daily routines," said Captain Seaman. "Randolph's safety is our mission, and we are dedicated to making sure everyone is safe from hazardous weather."



Airmen 1st Class Richard Minto and Brandon Yzaguirre use cutters to remove contaminated clothing from an unconscious patient prior to cleansing and transporting the victim into the medical treatment facility. (Photos by Steve White)

 $oldsymbol{T}$ he 12th Medical Group held an exercise Wednesday outside the enlisted club to demonstrate its capability to take care of Randolph's people in emergency situations. During the simulation, about 35 patients experienced symptoms from a chemical agent.



(Left to right) First Lt. Audrey Montgomery, Maj. (Dr.) Keith Hunsaker and Staff Sgt. Angela Harris prepare to treat a patient inside the clinic.

#### Wingspread

# AFMA data administrator takes chili cookin' to savory heights

By Richard Salomon

Air Force Manpower Agency public affairs

Certain names are synonymous with greatness. Hall of famers like Babe Ruth, Ted Williams, Hank Aaron and David Richardson are bedrocks of excellence that when mentioned in conversation ... wait a minute ... David Richardson?

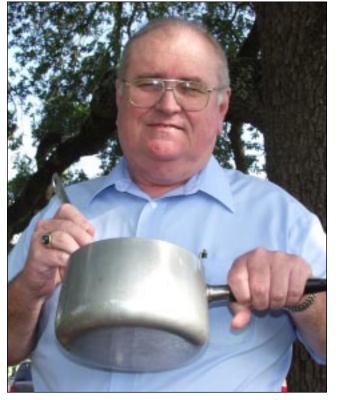
Okay, he may not be able to blast a fastball over the centerfield fence, but give him a portable stove, some fresh meat and select chili mix, and he can hit a homerun with even the most hard-to-please palate. In fact, because of his chili-cooking prowess, Richardson was named the 2004 Chili Head of the Year in November. He was also recently inducted into the Chili Appreciation Society International's Hall of Flame – yes, that's F-l-a-m-e. In pepper parlance, the Chili Head of the Year honor is an even bigger deal.

"It's hard to get people to realize how difficult it is to be selected as Chili Head of the Year. It's a big, big honor in the chili world," said Richardson, a data administrator at the Air Force Manpower Agency here. "I was overwhelmed when they told me about it, but I always hoped it would happen

Every year, CASI picks three or four of its members for the Hall of Flame, but only one picks up Chili Head of the Year honors. That's one out of about 2,000 members - a Babe Ruthesque distinction. The award is presented annually to one CASI member who has done the most in promoting the ideals of the organization, which includes raising money for charity through competitive chili cook-offs. In 2004, CASI raised more than \$1.25 million for charities at 560 sanctioned cook-offs.

Chili chefs must earn 12 points during the year at CASI competitions to qualify for the international cook-off, which is held the first week of November every year. Judges appraise chili entries based on five criteria: aroma, color, taste, aftertaste and Although a top-notch shouldn't torch the tongue, it "should just burn a little bit in the back of the throat; a really good chili won't be that hot," said Richardson.

"One of the unique rules about cooking chili is



David Richardson, Air Force Manpower Agency, stirs his award-winning chili. (Photo by Richard Salomon)

that it can't have vegetable chunks, beans or grease, and it must be cooked outdoors from scratch. Some folks get serious and write down the temperature, humidity and wind direction or if they have made slight adjustments to the recipe."

One can imagine the aromas emanating from such a venue.

"Two people can be cooking the same recipe and I guarantee the chili will come out different," said Richardson. "The way you use heat, salt and various measurements all play a factor."

During his 24 years of cooking competitive chili, the Mineral Wells native has taken his tasty hobby from Homosassa, Fla., to Puerto Penasco, Mexico and countless points in between.

"My first year I thought I had a great pot of chili, but it took me two or three years to really get it right," said Richardson.

In fact, he didn't earn a point in his first 11 years

of competitive cooking. Then again, it wasn't the accolades, but the good times that first drew him into the chili fold.

"When I went to my first cook-off, I saw these people having so much fun, so I got together with a couple of guys and entered a pot," said Richardson. "At most cook-offs, you normally go out on a Friday night and don't come back until Sunday afternoon. Chili cooking is like one big family with a lot of hugging and joking around going on.'

The fun carries over to the names they give their creations. Too Tall, Hound Dog, Tooth Fairy and I Have My Eye On You are just a few of the chili legends that have graced the tables of many a cook-

"I call mine Crispy Critter chili because in 1972 when I was an Air Force personnelist in Saigon [Vietnam], I got burned pretty bad when I accidentally grabbed a 'live' wire," said Richardson. "So, Crispy Critter seemed like an appropriate

Mr. Richardson's wife of 38 years, Mary Ann, has also been known to rustle up a mean pot of Slow Turtle chili. In 1997, she finished seventh out of 158 participants in the Texas Lady's State Championship Chili Cook-Off in Seguin, Texas. So, why Slow Turtle?

"It's because I do most things slowly and deliberately," Mary Ann said with a smile. "It really doesn't matter if I win or lose. I just enjoy the camaraderie and all the good charities we get to help out. Of course, getting the chance to sample some of the finest chilis around is an added benefit."

People can check out these maestros of meat and chili spices Aug. 6 at 1 p.m. at the Bexar Social Hall in Zuehl, Texas. Proceeds will benefit the St. Hedwig Volunteer Fire Department. For more information, call 347-9052. Even though you will be able to find Richardson's prized hall of flame pot at this event, don't look for his bronze likeness at any museum well, not yet anyway.

"Currently, we don't have a museum, but we're working on it," said Richardson. "After 38 years, the organization really needs to have one, so that's definitely something we're looking into right now."

Ted Williams and other past baseball greats would expect nothing less.

## **Independence Day Holiday Hours**

#### **Airmen Dining Facility**

Friday and Monday - Brunch 8 a.m. to 1 p.m.

Dinner 4-6 p.m.

**Bowling Center** 

Friday - 9 a.m. to midnight Snack Bar - 9 a.m. to 11:30 p.m.

Monday - 1-9 p.m. Snack Bar - 1-9 p.m.

**Canyon Lake** 

Friday and Monday - Marina and

Office - 8 a.m. to 8 p.m.

**Child Development Center Annex** 

Friday and Monday - Closed **Child Development Center** 

Friday and Monday - Closed

**Enlisted Club** Friday - Gil's Pub - 11 a.m. to 1:30

p.m. for lunch and 4-9 p.m.

Nite Club - 5-9 p.m.

Lunch - Closed

Office - 8 a.m. to 5 p.m.

Cashier's Cage - 11 a.m. to 9 p.m.

Monday - Gil's Pub - noon to 8 p.m.

Lunch - Closed Office - Closed

Cashier's Cage - noon to 8 p.m.

**Family Child Care** 

Friday and Monday - Closed

**Fitness Center** 

Friday - 9 a.m. to 5 p.m. Monday - 9 a.m. to 3 p.m.

**Golf Course** 

Friday - 6 a.m. to dusk Monday - 6 a.m. to 1 p.m.

#### **Human Resources Office**

Friday - 7:30 a.m. to 4:30 p.m.

Monday - Closed

Information, Tickets and Travel and

**Equipment Checkout** Friday - 9 a.m. to 5 p.m.

Monday - Closed

Library

Friday - 9 a.m. to 5 p.m.

Monday - Closed

Officers' Club

Friday - Cashier's Cage - 9 a.m. to 6

Lunch - 11 a.m. to 1:30 p.m. Lounge - 4 p.m. to midnight

Monday - Closed

**Center Pool** 

Friday and Monday - 1-8 p.m.

**Skeet Range** 

Monday and Friday - Closed

**Arts and Crafts** 

Monday - 10 a.m. to 6 p.m.

Friday - Closed

**Auto Skills Center** 

Monday - 9 a.m. to 5:30 p.m.

Friday - Closed

**Wood Skills Center** 

Monday - 9 a.m. to 5:30 p.m. Friday - Closed

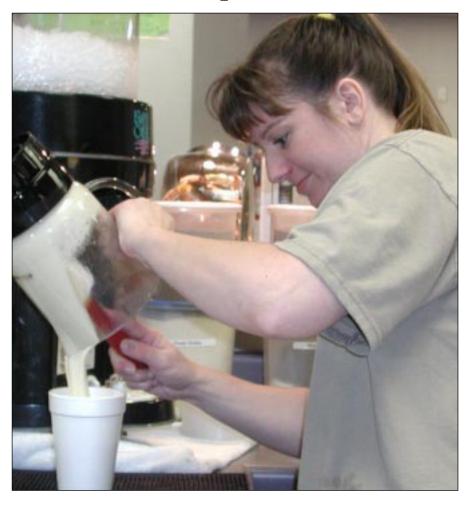
**Veterinary Clinic** 

Monday - 7:30 a.m. to noon

Friday - Closed

**Youth Center** Monday and Friday - Closed

### Shake it up! -



Lisa Eschenberg. **Force Fitness Bar** employee, makes a fat burner drink for a customer. The fitness bar is open Monday through Thursday from 7 a.m. to 8:30 p.m., Friday from 7 a.m. to 6 p.m., Saturday from 10 a.m. to 4 p.m. and Sunday from 11 a.m. to 4 p.m. They sell smoothies, protein shakes, fat burner drinks, sodas and snacks. For more information, call 652-3470. (Photo by Jennifer Valentin)

#### **SPORTS BRIEFS**

#### Tae Kwon Do classes

Starting July 11, the fitness center offers Tae Kwon Do classes Mondays and Wednesdays from 7-8 p.m. and 8:15-9:15 p.m. in the aerobics room of Hangar 70.

The class is open to all Department of Defense identification card holders and their dependents age 14 and older. The classes are \$40 per month, but a free class is being offered Wednesday from 7-8 p.m. Every student's first class is also free.

For more information, call 652-4311.

#### Hotter Than Texas 10-mile bike ride

The Hotter Than Texas 10-mile bike ride will take place July 9 at 8 a.m. at Eberle Park.

To pre-register or for more information call 652-2955 or 652-5316.

Fit to

The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" (90 percent and above) rating on the Air Force Fitness Test.

100 percent:

12th Mission Support Squadron Fight Mary Boucher

90 percent and above:

**12th Operations Support Squadron** Michael Schawinsky

# HAVE A SAFE HOLIDAY, DON'T DRINK AND DRIVE

